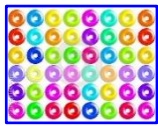


DIABETES CARE CLINIC
 21 Any St., Any Town, Any State
www.diabetescareclinic.com Phone: 123-456-7890
 LEARN HOW TO CARE FOR YOUR DIABETES WITH OUR
D.I.A.B.E.T.E.S. L.I.F.E.S.A.V.E.R.S. Program






Identify Healthy Coping Strategies



D	I	A	B	E	T	E	S
Do Monitor Your Blood Glucose (BG) Regularly	Involve Family and Friends	Acquire Ongoing Support	Bring BG Values to Healthcare Visits	Exercise Regularly	Take Medication as Prescribed	Ease into Behavior Changes Slowly	See a Diabetes Educator Regularly

L	I	F	E	S	A	V	E	R	S	+?
Lose Excess Weight	Identify Healthy Coping Strategies	Fix Your Problems	Eat Healthy	Sleep Well Every Night	Acquire Sick Day & Travel Kit	Visit Your Doctor Regularly	Enjoy Rewards for All You Do	Reduce Risks of Complications	Set SMART Goals	Topics and Questions of Your Choice

Plan	“COPING WITH DIABETES” Strategies	 WINK: What I Need to Know	Goals, Questions
C	C ombat perfectionism...striving to be perfect all the time can be very stressful, and not required		
O	O btain ongoing diabetes self-care education		
P	P ut things into perspective. To avoid blowing things out of proportion, realistically rate your problems on scale of 1 to 10 (10 = most serious)		
I	I nclude the idea of getting a pet...big stress buster!		
N	N ever discount power of <i>quality sleep</i> nightly		
G	G ive away your time and talent to help others		
W	W elcome help of family & friends...share, talk		
I	I nsure good diabetes self-care		
T	T ake time to relax everyday		
H	H ave a medical evaluation if you think you are depressed....depression can be expertly controlled!		
D	D o not blame yourself for having diabetes D elegate more often...don't need to do everything!		

I	I dentify your problems...and try our <i>Problem Solving Plan</i> reviewed in another visit		
A	A cquire help for anger control, if needed		
B	B reath! Taking deep, slow breaths helps a lot!		
E	E mbrace the 3 “C’s”: <ul style="list-style-type: none"> • Change your environment (flight) • Cure your environment (fight) • Change yourself (attitudes and beliefs) 		
T	T ap into your spiritual or religious beliefs often T ry to say “no” more often to give yourself more time and less stress		
E	E xercise regularly...big stress buster!		
S	S et realistic goals S tart low and go slow S low but steady wins the race!	